

### Helpful Tips - 1

**1 - 7. sorularda, cümleyi tamamlamak için uygun gelen sözcük veya ifadeyi işaretleyiniz.**

**1. Lincoln didn't get a good mark from maths exam, so - - - -.**

- A) we started to do sports
- B) his friends congratulated him
- C) his parents took him to a dentist
- D) his mother advised him to study more
- E) they gave him a surprise birthday party

**2. The weather was freezing, - - - -.**

- A) but I didn't remember her name
- B) because everybody was happy
- C) and he succeeded in the exam
- D) or you can cook another dish
- E) so we decided not to go out

**3. If you recycle paper, - - - -.**

- A) you will save trees
- B) they will use a powerful car
- C) your parents will punish you
- D) the forest in the area will die out
- E) all the animals will be disappeared

**4. You should see a dentist if you - - - -.**

- A) are in trouble with your school subjects
- B) feel you are going to fall down
- C) have a terrible toothache
- D) break your leg
- E) are stressed

**5. Emma : It's too hot here.**

**Julia : You should - - - -.**

- A) put on your raincoat
- B) take off your jacket
- C) close the window
- D) turn on the heater
- E) wear thick clothes

**6. If you want to get a driving licence, you - - - -.**

- A) can drive on the motorway
- B) must protect the wild life
- C) should wear a seat belt
- D) have to be over eighteen
- E) will finish university

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7. **Adam** : I want to earn my pocket money. What do you suggest?

**David** : In my opinion, you - - - -.

- A) must go different countries
- B) shouldn't eat spicy food
- C) should go to bed early
- D) don't have to study
- E) can work part time

**8 - 9. sorularda, verilen durumda söylenmiş olabilecek ifadeyi işaretleyiniz.**

8. **Your friend had an exam last week. He didn't cheat, but the teacher thought he did. That makes him sad because he is an honest person. So, you suggest him:**

- A) Forget it. Next time be careful.
- B) In my opinion, everybody cheats.
- C) You should run away from school.
- D) Let's go out of school and play video games.
- E) You can speak to the teacher and make it clear.

9. **Your colleague invited you to a party on Saturday. You don't want to go so decline the invitation kindly:**

- A) What a great idea! I love parties.
- B) Saturday is the best for going out.
- C) I'm sorry but I have another appointment.
- D) Can you change the date for the party?
- E) I think Sunday is better for it.

**10 - 12. sorularda, aşağıda verilen metne uygun gelen seçeneği işaretleyiniz.**

Sleep plays an important role in physical and mental health. If you get a good night's sleep, the next day you will feel much better both physically and mentally. In order to get a beneficial sleep, you should sleep between 23.00 pm. and 05.00 am. And you shouldn't sleep for more than 6 or 7 hours a day. You also shouldn't sleep when you're full. You should stop eating at least 3 hours before bed time. Besides, a 30-minute sleep in the afternoon will keep you energetic during the whole day.

10. **A good night's sleep - - - -.**

- A) should be after midnight
- B) is better when you are full
- C) can be more important than eating
- D) shouldn't be more than seven hours
- E) never effects your mental health

11. **According to the passage, you - - - -.**

- A) should go to bed after five am
- B) shouldn't sleep in the afternoon
- C) should sleep for 3 hours during the day
- D) should sleep for half an hour in the afternoon
- E) shouldn't eat anything for 3 hours when you wake up

12. **In your physical and mental health, - - - -.**

- A) you should eat and sleep equally
- B) sleep plays a very important role
- C) having a shower before sleep is good
- D) you shouldn't be under stress or anxious
- E) daily exercise and eating habits are effective

